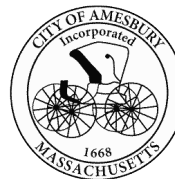


Amesbury COA
68 Elm Street
RSVP 978-388-8138

4/23 9am Home Repair : Coffee with the
Chiefs:

Come and meet the Chiefs, be educated on
the home repairs. Thank you Dunkin Donuts
for the treats!



Chair Exercise Class with Doreen is back - at the Amesbury Senior Community Center!

Beginning Monday April 6th
1pm-1:45pm

*Chair Exercise with Doreen is designed to accommodate many fitness levels. We will be using bands, hand weights, and chairs. Strengthening the heart and other muscles, and stretching will be our focus. We'll also talk about goal setting and maintaining additional activity throughout the week.

**We are asking for a \$3 donation per class.

**Please scan your key tag when you come in.

*We need at least 10 people at each class to keep this class going. Come on in and try it-

*Or call Doreen to discuss

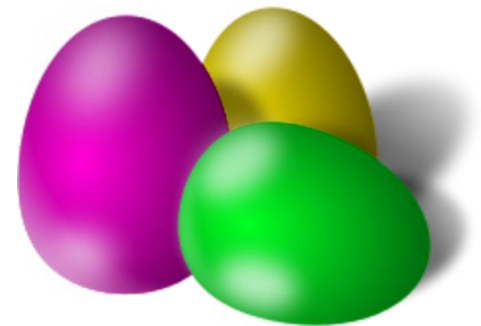


Amesbury COA
68 Elm Street
RSVP 978-388-8138

*** 4/3 Fri 11:20am, Special Lunch,**

- * Tuna or Grill Cheese (please sign up for one), no meals on wheels, \$3 (\$2 for FCOA members). Hand made hard boiled Easter eggs for everyone!**

RSVP 4/2



Amesbury COA

68 Elm Street

RSVP 978-388-8138

4/16 Thurs, 11:20am Lunch. Noon Birthday Party

Thank you Merrimack Valley Health Center for \$20 gift raffle. &
Stop n Shop, FCOA. Music: Paul Wayne!

The FCOA invites you to lunch. Please rsvp by 4/13 for lunch -if
it is your birthday month and the FCOA will treat you to lunch.



April 2015



Thank to our community members
who volunteer in so many different
areas!

From: The Amesbury Council on Aging



*National Volunteer Week, April 12-18, 2015, is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

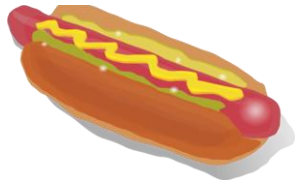
*Call the COA to learn about how to become a volunteer

*978-388-8138 ask for Jeanne Marie

**Amesbury COA
68 Elm Street
RSVP 978-388-8138**

4/7 Tues, 4pm Monthly Dinner:

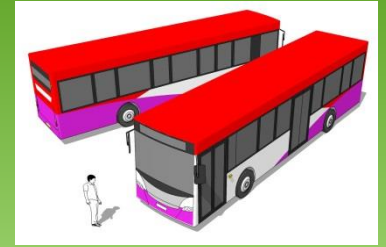
**Hot Dogs & Beans (homemade by Sally
Morrill & Lois Pierce) \$7 (\$6 for FCOA
Members) RSVP by 4/3**



Amesbury COA

68 Elm Street

RSVP 978-388-8138



***April 21 – Neil Sedaka @ Mohegan Sun** – Includes Premium Seating for Concert; \$30 Casino Gaming/M meal Pkg. \$99pp payable to Best of Times. No refunds after 3/1. **Absolute sign up deadline 04/14.**

***April 22 – JFK Library & Museum** – Includes transportation from Crossroads Plaza; Admission to Museum and access to permanent and special temporary exhibits. \$30pp payable to Newburyport COA. Call 978-462-8650 Sign Up.

***April 26 - 30 – Spotlight on San Antonio** – Highlights include: Mission San Jose, The Alamo, LBJ Ranch, Mayan Dude Ranch, Paseo del Rio Cruise. 5 Days (6 Meals); \$1799pp/dbl; \$2099 single; \$1769 triple. Rescheduled from May departure. **Final payment due on sign up payable to Collette Tours.**

***May 13 – Boston Pops Plays the Beatles** – Includes family style dinner at Calif Pizza Kitchen. Groups, Inc. Price TBD

***May 16 - Chocolate, Wine and Lobster** – Includes tour of one of NH's best chocolate makers; tour of NH Winery; lobster lunch; and a visit to Zorvino Vineyards. \$89pp payable to Tye's Tours.

***May 13 – US Coast Guard Academy Concert** – Travel to New London, CT for a Coast Guard Cadet Band Concert; includes lobster bake lunch. Groups, Inc. Price TBD

* **YOU DO NOT HAVE TO BE A SENIOR CITIZEN TO COME, EVERYONE CAN JOIN**

Amesbury COA
68 Elm Street
RSVP 978-388-8138

**4/13 Mon 11:20am Sponsored
lunch:**

* Thank you Merrimack Valley
Health Center. Come and meet
the great staff!



Amesbury COA
68 Elm Street
RSVP 978-388-8138

***4/22 Wed, 11:20am & Sponsored Lunch -**

Thank you Country Rehab. Center, Meet
the great staff. Enjoy time together!

*Rsvp by 4/20 10am

Lunch.
Feed your curiosity™



Amesbury COA
68 Elm Street
RSVP 978-388-8138

**4/28 Tues 10am, Dizziness, North East
Rehab:**

**Learn more about how to stay safe.
This clinic is FREE kindly RSVP**



Amesbury COA
68 Elm Street
RSVP 978-388-8138

4/30 Thur 4pm
Gothic Tales , Performance

Cultural Council Grant: RSVP by
4/28: FREE

**Amesbury COA
68 Elm Street
Amesbury, Ma**

4/13 Mon 2pm Health Care Proxy Clinic:

**Come and join Attorney Margo Birke as
you learn more about the importance of a
health care proxy & complete one so you
have it in place**



Amesbury COA
68 Elm Street
RSVP 978-388-8138



4/21 Tues 10am Prescription Advantage

Come and learn about this great
program you may be eligible for to
cover the donut hole



Amesbury COA: 68 Elm Street

4/21 Tues, 11:20am Sponsored
lunch

Thank you Maplewood Center.

Rsvp 4/17



Amesbury COA
68 Elm Street
RSVP 978-388-8138



April 13th

5PM ~ Amesbury - ACE Dinner
Angels at Home Healthcare

April 14th

12PM ~ Groveland - Caregiver Support Group

April 23th

1PM ~ Amesbury – Speaker (TBD call for updates, 978-388-8138)

2PM ~ Caregiver Support Group

4PM ~ Amesbury - Speaker: Lois Marra Home health VNA.

5PM ~ Caregiver Support Group

Amesbury COA : 68 Elm Street

Senior Lift : Fitness for everyone

Yoga: Thurs 8:30am Free

Sponsored by Maplewood Care

Exercise classes:

Mon 1pm: Chair exercise \$3

Great for all! With Doreen!

Wed 1pm: Fitness for all \$3

Focus strength base for all levels-chair level to active

Zumba: Thur 10am \$3

Tai Chi : Fri 9:30am \$4

Exercise Bike & Treadmill on site FREE

We are working on invigorating our fitness programs, our interns will be calling all participants who have attend classes in the past with an anonymous survey. We want to hear from you.

